

# MEN'S MENTAL HEALTH CHARTER

## 7 principles for men's mental health services

### THE PRINCIPLES

### WHAT THIS MEANS IN PRACTICE

**1.**

**MAKE MEN'S MENTAL HEALTH A PRIORITY**

Leaders in mental health and suicide prevention ensure policies, funding, programs and services take into account the specific needs of men and boys.

**2.**

**AUDIT MEN'S ACCESS TO FUNDED SERVICES**

Services funded to prevent suicide and tackle mental health issues are evaluated to assess their effectiveness at reaching and supporting men and women.

**3.**

**REACH OUT TO MEN AT RISK**

Services respond early to distress such as relationship issues, financial and workplace distress, legal matters, bereavement, life transitions and social isolation.

**4.**

**HELP SERVICES HELP MORE MEN**

Services are supported to build their capacity to deliver male-friendly services, where staff are trained to respond to the needs and preferences of men in distress.

**5.**

**HEAR MEN'S STORIES OF LIVED EXPERIENCE**

Leaders in mental health and suicide prevention ensure that policies, funding programs and services take into account the specific needs of men and boys.

**6.**

**FUND GRASSROOTS SERVICES RUN FOR MEN**

The value of grassroots initiatives designed for men is recognised, with funding allocated to help these groups grow, develop and build their evidence base.

**7.**

**SUPPORT MEN IN ALL THEIR DIVERSITY**

Priority populations at increased risk are addressed directly and the different needs of men and women in these populations are taken into account.